



FREE CANCER  
COUNSELING



Every cancer. Every life.®

# Cancer Journey Resources

FOR THE EAST END

*The* Sag Harbor Express.

MEDIA PARTNER

## Free Lodging

Stay at one of our 32 Hope Lodge communities for free.

Learn more by calling  
1.800.227.2345

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## Road To Recovery

### We are here for you!

Volunteer with us:  
The American Cancer Society is always looking for volunteer drivers for the Road To Recovery program.

Volunteer drivers must be between the ages of 18 and 84, have a valid driver's license, pass a background check, show proof of COVID-19 vaccination, and have access to a safe, reliable car.

**Phone:** 1.800.227.2345

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## Join Us

MSABC Eastern Long Island, Riverhead  
Saturday, Oct. 5, 2024  
9 a.m.  
[www.makingstrideswalk.org/easternlongisland](http://www.makingstrideswalk.org/easternlongisland)

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## For Up-to-Date Cancer Information and Resources

### Contact:

1.800.227.2345  
[cancer.org](http://cancer.org)



Every cancer. Every life.®

July 2024

We are honored to be included in the ***Fighting Chance Cancer Journey Resource Guide*** and to be an additional resource in your cancer journey.

The American Cancer Society is the only organization combating cancer through advocacy, research, and patient support, to ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer. Our vision is to end cancer as we know it, for everyone.

There are two patient resources that I would like to highlight: our Road To Recovery program and Hope Lodge. Both of these resources are free of charge.

Our Road To Recovery Program ensures that patients get to their cancer care for treatment appointments with help from volunteers who provide free rides.

Our Hope Lodge communities provide free, temporary lodging for people facing cancer and their caregivers when treatment is far from home. With 32 Hope Lodges across the country, our Hope Lodge Jerome L. Greene Family Center in New York is located on West 32nd Street, a half block from Penn Station.

We also want to highlight our new ACS CARES app (Community Access to Resources, Education, and Support), a new program designed to provide non-clinical patient navigation support to those affected by cancer. ACS CARES provides non-clinical navigation support by addressing patients' social needs and barriers to care (transportation, lodging, food security, emotional health, financial health, dependent support, and more). Information on how to download the app is provided in our ad on page 15.

Lastly, we have our upcoming Making Strides Against Breast Cancer walk on Saturday, Oct. 5, in downtown Riverhead. Last year, there were 350 participants who raised \$115,000. We would love to have you join us. I hope to be a resource for you as well; please take note of my contact information below. I look forward to hearing from you.

### **KATIE GOEPFRICH SCHAFFER**

Executive Director, Long Island  
[katherine.schafer@cancer.org](mailto:katherine.schafer@cancer.org)  
(631) 861-3075

# Fighting Chance Portfolio of Free Resources



*Group Counseling Room at our Sag Harbor Office*

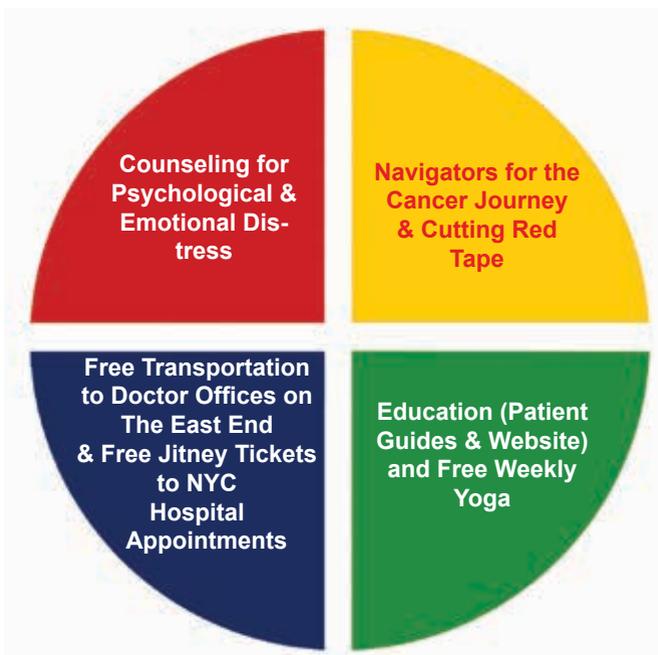


*Southampton Office in The Phillips Family Cancer Center*

- **Counseling.** This is the service in greatest demand. Most patients like to see their counselor once a week for 2 months and may call them once a day.
- **Navigation.** A Fighting Chance staff member / navigator will help a patient deal with details and logistics along their cancer journey.
- **Free Transportation.** Going to cancer treatment on the East End? Hometown Taxi or a volunteer driver will get you there. Need to see a specialist in NYC? We have free Hampton Jitney tickets for you.
- **Education** You'll find a wealth of information inside this Resource Guide and at [www.fightingchance.org](http://www.fightingchance.org)

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We are grateful to Fighting Chance and the generosity of founder, Duncan Darrow, for providing counseling and resources free-of-charge to East End cancer patients.

Thank you  
for touching the lives of so many over the past 20+ years.



Stony Brook  
Southampton Hospital



[www.fightingchance.org](http://www.fightingchance.org)

## Message from Duncan N. Darrow

As the Founder and Chairman of Fighting Chance, I wish to thank the American Cancer Society for standing shoulder-to-shoulder with us as we support East End patients on their cancer journey.

The core of our support is counseling from a team of accredited, licensed and insured oncology social workers with over 60 years of combined experience.

Oncologists focus on treating a patient's malignant tumor. But what about the trauma or "shell-shock" that often grips a newly diagnosed cancer patient? Oncologists have neither the time nor the training to address this dimension of the disease.

For this group of patients, whose peace of mind has been compromised, oncologists routinely refer them to Fighting Chance for professional counseling. Over the last 22 years, we've provided thousands of counseling sessions - - to East End cancer patients and caregivers - - always **free of charge**.

In addition to counseling, we offer free Hometown Taxi rides to local doctor appointments, free Hampton Jitney tickets for treatments at NYC-based cancer centers, and a host of other free services and resources.

Fighting Chance has been navigating cancer journeys since 2002. We know a cancer diagnosis can be devastating to patients, families and caregivers, but the journey goes easier when you're not alone. Let us know how Fighting Chance may assist you.

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**Fighting Chance** is a 501c3-qualified charity.

Your donation is tax deductible.

To make a donation, Visit [fightingchance.org/donate](http://fightingchance.org/donate)

or mail your check to: Fighting Chance

P.O. Box 1358 | Sag Harbor 11963

*Duncan N. Darrow | Founder & Chairman*



The AMA formed the Joint Commission or "JCo" to accredit healthcare facilities that meet the highest standards of patient care. Fighting Chance is JCo accredited.

### SAG HARBOR OFFICE

PO Box 1358  
34 Bay St, Suite 201  
Sag Harbor 11963  
631.725.4646

### SOUTHAMPTON OFFICE

Phillips Family Cancer Center  
740 County Rd. 39A, Suite 102  
Southampton NY 11968  
631.638.7771



## SUPPORT FIGHTING CHANCE + HAMPTON JITNEY IN TRANSPORTING CANCER PATIENTS TO CARE

This project provides the comfort and ease of Hampton Jitney round trip transportation for cancer patients and their primary caregiver to treatments in New York City.

**HAMPTON JITNEY WILL MATCH EVERY DONATION MADE TO THE  
FIGHTING CHANCE TRANSPORTATION PROGRAM!**

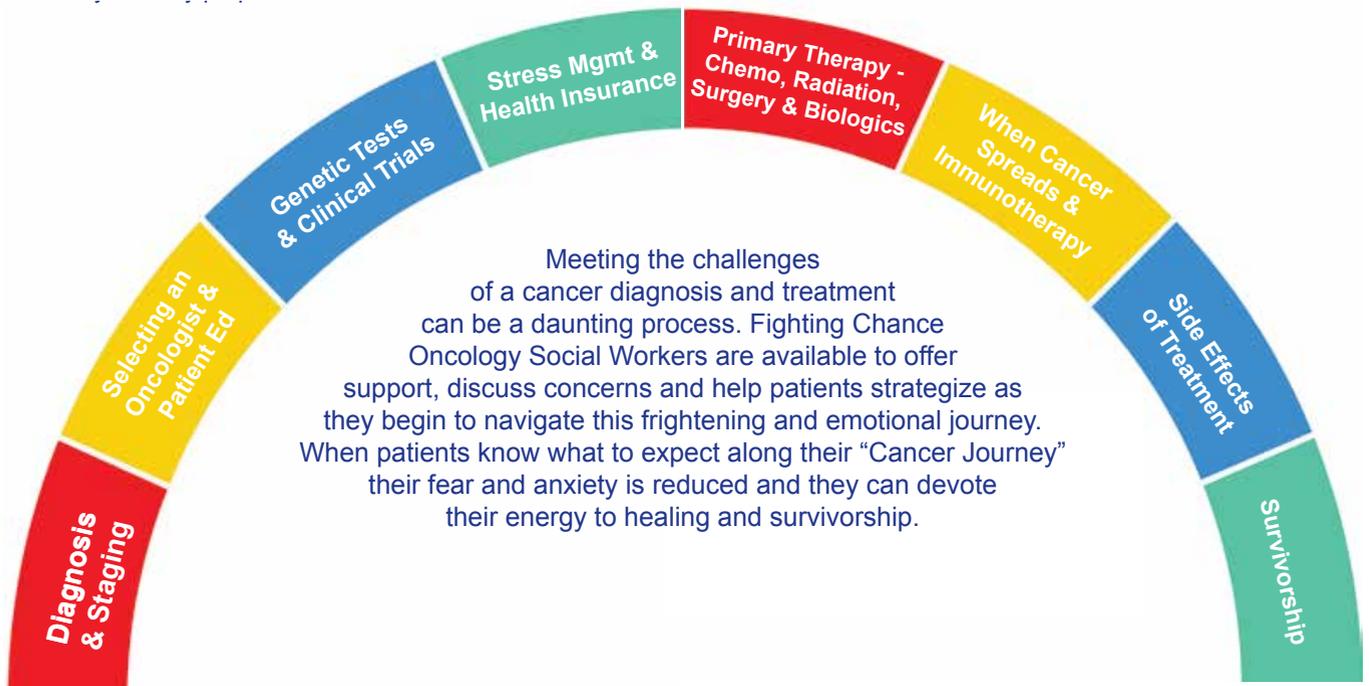
Donate \$30 and provide a free round-trip ride to/from NYC and the East End.

TO DONATE, PLEASE VISIT:  
[FIGHTINGCHANCE.ORG/JITNEY](https://fightingchance.org/jitney) OR CALL 631.725.4646



*Proud Partner of  
Fighting Chance  
Since 2014*

# The “Arc” of the Cancer Journey



## Meet our Cancer Counselors

Fighting Chance Affiliated Oncology Social Workers



**Karrie Zampini Robinson, LCSW** - Senior Clinical Consultant | Oncology Social Worker  
Affiliated with Fighting Chance since 2005, Karrie directed the Post Treatment Resource Program of Memorial Sloan Kettering Cancer Center - the first cancer survivor program out of a major Comprehensive Cancer Center. She created patient services at Fighting Chance.



**Amy Zachary, LCSW, MA** - Senior Oncology Social Worker  
Amy has been working with individuals, couples and families for over three decades providing emotional support, information sharing and proactive guidance as well as resources and referrals to her clients. She founded and facilitated the Bereavement Group at Stony Brook Southampton Hospital for seven years and developed the Fighting Chance Equine Therapeutic Program and the Lymphatic Exercise Program in collaboration with The Center for Therapeutic Riding on the East End (CTREE) in Sagaponack. Last fall, Amy initiated the Cancer Support Group at St. Luke’s Episcopal Church, East Hampton.



**Kate Snyder Jones, LMSW** - Patient Counselor | Stony Brook Southampton Hospital  
Kate runs the Fighting Chance office at the Phillips Family Cancer Center, assisting with every facet of a patient’s cancer experience as a licensed therapist. She previously worked at NY Presbyterian/Weill Cornell Medical Center in NYC, As a cancer survivor, Kate has a unique perspective dealing with this family disease.



## Cancer Centers & Research Hubs for East End Residents

**Phillips Family Cancer Center | Southampton | 740 County Rd 39A | 631-638-7400**



With its opening in 2019, this \$25 million facility provided the East End with its first facility offering comprehensive cancer care under one roof: radiation oncology (with a linear accelerator), medical oncology with 13 chemo-infusion chairs and immuno-therapy. In addition, Fighting Chance was invited to open an office in the center. Our office is staffed by an oncology social worker providing counseling and navigation advice to almost every patient visitor.

**Stony Brook Cancer Center & MART Facility | Lauterbur Dr, Stony Brook 11794  
631- SB-CANCER (722-2623)**

Adjacent to Stony Brook University Hospital, this state-of-the-art facility, called the MART (Medical and Research Translation) includes both research science laboratories and clinical care. As part of Suffolk County's only academic medical institution, Stony Brook's mission focuses on three core areas: research, clinical care and education with a team approach to cancer care. The team includes surgical oncologists, medical oncologists, radiation oncologists, radiologists and pathologists, who are experts in the cancers they treat. These teams also included nurses, social workers, nutritionists, and genetic counselors to help provide comprehensive and individualized care for patients. Stony Brook University School of Medicine also trains the next generation of cancer physicians, bringing the most-up-to-date techniques and practices from the classroom to the bedside.



**NY Cancer & Blood Specialists (NYCBS) | Southampton | 640 County Rd 39  
Riverhead | 750 Old County Rd | 631-751-3000**



New York Cancer & Blood Specialists (NYCBS) is one of the nation's leading oncology practices providing state-of-the-art cancer care. Their community cancer centers offer an array of integrated cancer services, including medical oncology, hematology, radiation oncology, diagnostic imaging, and comprehensive support services.

NYCBS offers cutting-edge medical technology and equipment, a full-service research department, 60+ clinical trials with the latest cancer therapeutics, and an on-site lab and pharmacy, with locations throughout NYS, including Riverhead and Southampton.

**Northwell Health Cancer Institute at Riverhead | 896 Old Country Rd | 631-846-5236**

The Northwell Institute at Riverhead is part of a network of cancer facilities (on Long Island and across the tri-state area), headed by the internationally recognized cancer surgeon, Richard Baraket, MD, who spent over a decade at Memorial Sloan Kettering. Patients receive care from a team of specialists with extensive expertise in diagnosing and treating cancer.





## East End Hospitals

### Stony Brook Affiliated Facilities

Both of these facilities are considered community hospitals. That means a limited infrastructure for long-term care and deep roots in the communities they serve.

#### In Southampton - Stony Brook Southampton Hospital 240 Meeting House Lane | 631-726-8200

**Stony Brook Southampton Hospital** is the most significant hospital on the East End of Long Island. It was founded in the early 1900s, has 125 beds and several parts of the facility have been modernized in recent years. These include: The Ellen Hermanson Breast Center (see below); The Gruss Heart & Stroke Center; The Paulson Emergency Room Facility and The Ed & Phyllis Davis Wellness Center. The crown jewel of this modernization campaign is the \$25 million Phillips Family Cancer Center



**The Ellen Hermanson Breast Center** Constructed in 2009 – largely with proceeds from the Ellen’s Run Charity – is a separate wing of the Southampton Hospital facility. Among its distinctive features is a surgeon specializing in resection of breast tumors and mastectomies. There also is a dedicated pathologist, a navigator, and state-of-the-art imaging for mammograms

#### In Greenport - Stony Brook Eastern Long Island Hospital | 201 Manor Place | 631-477-1000

**Eastern Long Island Hospital** has served the residents of the North Fork and Shelter Island for over 115 years. By the 1980’s this community hospital provided ultrasound imaging, mental health and alcohol rehab units. Today ELIH offers state-of-the-art services and earns consistently high ratings for quality-care, patient satisfaction, and patient-safety ratings.



### Northwell Affiliated Facility

#### In Riverhead - Peconic Bay Medical Center | 1 Heroes Way | 631-548-6000



Founded in the 1950s, Peconic Bay is the largest hospital on the East End with 190 beds. In 2015, Peconic Bay Medical Center was acquired by Northwell Health, which operates over 20 hospitals around the state. All cancer treatment is provided in an adjacent facility operated as the Cancer Institute.



Congratulations

# Fighting Chance

Since 2002,  
you have provided patients with  
cancer on the East End of Long Island  
with free cancer counseling, support  
groups and community resources.

## *Thank you*

for your continued dedication  
to offering these imperative services  
to patients and their families.

Your impact on our communities is  
profound and deeply appreciated.



Stony Brook **Cancer Center**



Stony Brook  
**Medicine**

The Phillips Family  
**Cancer Center**



## The Comprehensive Cancer Centers in New York City

### About the “CCCs”

There are approximately 70 Comprehensive Cancer Centers or “CCCs” in the U.S. That’s a designation awarded by the National Cancer Institute (NCI) which has provided almost all federal funding for the war on cancer since 1971. Being awarded CCC status means a facility not only offers exceptional treatment for cancer patients, but also runs a robust cancer research operation and serves as a main site for conducting clinical trials of promising new cancer drugs. The vast majority of grants made by the NCI are channeled to scientists working at CCC-based laboratories. Since its inception in 1971, the NCI has granted a total of over \$160 billion.

There are 4 CCCs in New York City where many East End cancer patients have been treated over the years.

Patients who choose treatment at a CCC often do so with the expectation that physicians there will be up to speed on the latest cancer treatment advances. Despite this advantage, CCC facilities are very large and sometimes patients complain that the atmosphere is impersonal and that doctors may lack a good bedside manner.

**1) Memorial Sloan Kettering Cancer Center** 1275 York Avenue | 877-916-1074 | [www.mskcc.org](http://www.mskcc.org)  
MSK is the largest healthcare facility in the US that is exclusively focused on cancer. It has almost 1,000 physicians treating cancer patients and another 1,000 scientists engaged in cancer research. It ranks #2 in the US for cancer treatment capabilities just behind MD Anderson in Houston. It also has a midtown satellite on Lexington Ave. at 53rd Street, and another one in Commack on Long Island.

**2) Herbert Irving Comprehensive Cancer Center at Columbia University**  
161 Fort Washington Ave | 212-305-5098 | [www.cancer.columbia.edu](http://www.cancer.columbia.edu)  
HICCC at Columbia University Medical Center is unique because it is an integral part of one of the world’s largest university complexes. This permits the doctors and scientist to draw upon a vast pool of intellectual capital. HICCC was founded in 1911 as the Institute for Cancer Research. In 1972, it became an NCI-designated cancer center, and it was awarded comprehensive status in 1979. The HICCC is the University’s organizational component for the conduct of basic, clinical, and population-based cancer research and patient care.

**3) Montefiore Einstein Comprehensive Cancer Center at Albert Einstein College of Medicine**  
1575 Blondell Ave, Bronx | 833-632-2623 | <https://cancer.montefioreeinstein.org/>  
Montefiore Einstein Comprehensive Cancer Center (MECCC), at the Albert Einstein College of Medicine and Montefiore Medical Center, is a national leader in cancer research and clinical care located in the heart of the Bronx, one of the nation’s most ethnically diverse areas. Founded in 1971 and designated as an NCI Cancer Center in 1972 (the country’s fourth), MECCC combines the exceptional science of the Albert Einstein College of Medicine with the multidisciplinary clinical care of the Montefiore Health System.

**4) Laura and Isaac Perlmutter Comprehensive Cancer Center (PCC) at NYU Langone Health**  
Multiple locations | 212-731-6000 | [nyulangone.org/locations/perlmutter-cancer-center](http://nyulangone.org/locations/perlmutter-cancer-center)  
This facility is the Comprehensive Cancer Center at NYU Langone Health, one of the nation’s premier academic medical centers. The center was founded and received its NCI designation in 1975. PCC serves the metropolitan New York City area, and treats patients in facilities located in Manhattan, Brooklyn, Queens, and Long Island. The center conducts cutting-edge basic, translational, clinical, and population research with the aim of enhancing cancer prevention, devising new cancer treatments, and improving patient outcomes and quality of life.



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VINEYARD

# CELEBRATING 10 YEARS OF SUMMER IN A BOTTLE

**PROUD SUPPORTERS OF  
FIGHTING CHANCE AND  
THEIR SERVICE TO OUR  
EAST END COMMUNITY.**

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## Top East End Oncologists

Since 2019, the East End of Long Island has experienced growth in its cancer care facilities and providers. In addition to the new **Phillips Family Cancer Center** which is affiliated with the Stony Brook Cancer Center, the Northwell Health Cancer Institute at Riverhead opened in 2021, and **New York Cancer & Blood Specialists** now operates community oncology treatment centers in both Southampton and Riverhead. Additionally a few other NYC-based hospitals and cancer centers have opened satellites on the East End. A patient who is diagnosed at a local satellite facility may be referred to an affiliated provider in western Suffolk County or in NYC.

Because the Phillips Center in Southampton is affiliated with the Stony Brook Cancer Center in Stony Brook, some of the Stony Brook (SB) physicians will travel to Southampton, or may be readily accessible to patients who initially visit the Phillips Cancer Center. When assessing an oncologist at the Stony Brook Cancer Center, be mindful that its cancer center oncologists serve on one of 10 Interdisciplinary Teams - each focused on one of the organs where cancer is most prevalent. In most cases the **Team Leaders** (listed below) have been recognized as among the “Top 1%” of U.S. physicians according to the definitive guide known as Castle Connolly. For details, visit, [castleconnolly.com](http://castleconnolly.com)

### Stony Brook Cancer Ctr.

Lauterbur Dr | Stony Brook  
631-SB-CANCER (722-2623)

#### Breast

Brian O’Hea, MD  
Alison Stopeck, MD

#### Colon & Upper GI

Aaron Sasson, MD  
Deborah Nagle, MD  
JulieAnne Gemmill, DO

#### Gynecologic

William Burke, MD

#### Head & Neck

Roger Keresztes, MD  
Lukasz Czerwonka, MD

#### Hematology / Oncology

Michael Schuster, MD  
Christina Lee, MD

#### Lung

Roger Keresztes, MD  
Amna Sher, MD

#### Melanoma

Tara Huston, MD  
Amna Sher, MD

#### Prostate / Urologic

Wayne Waltzer, MD  
Shenhong Wu, MD

#### Pediatric Oncology

Laura Hogan, MD

#### Radiation Oncology

Samuel Ryu, MD

### Phillips Family Cancer Center

740 County Rd 39A | Southampton  
631-638-7400

#### Oncology – Gynecologic

Gabrielle Gossner, MD

#### Oncology – Medical

Margarita Yarovikova,

#### Oncology – Radiation

Mark Ashamalla, MD  
Kartik Mani, MD, PhD  
Samuel Ryu, MD  
Alexander Slade, MD,  
Alexander Stessin, MD, PhD  
Edward Valentine, MD, MBA

#### Oncology – Urologic

Greenport and Riverhead

### New York Cancer & Blood Specialists

631-751-3000  
Southampton 640 County Rd 39  
Riverhead | 750 Old County Rd

#### Medical Oncology / Hematology

Louis Avvento, MD  
Alexander Zuhoski, MD  
Deepali Sharma, MD  
Neal Murphy, MD  
Jerry George, DO  
Yelda Nouri, MD  
Dipen Patel, MD  
Roy Chen, MD  
Deepali Sharma, MD

#### Breast / Surgical Oncology

Yelda Nouri, MD  
David P. Mangiameli, DO

### Northwell Health Cancer Institute at Riverhead

896 Old Country Rd | Riverhead  
631-846-5236

#### Hematology / Oncology

Brittney S. Zimmerman, MD  
Erik Kockenmeister, MD

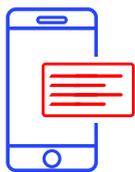
# ACS CARES™

## Helping people with cancer and their caregivers navigate the cancer journey with confidence.

If you or someone you love has been diagnosed with cancer, deciding what’s next can be overwhelming. The American Cancer Society can help with ACS CARES™ (Community Access to Resources, Education, and Support), a new patient navigation support program that connects people with quality curated information and one-on-one support.

With ACS CARES™, you can:

- Access personalized, quality cancer-related information that updates as you age, your situation changes, or new information becomes available.
- Connect one-on-one with trained ACS volunteers who match your shared cancer lived experiences including diagnosis, location, military status, race, ethnicity, and others.
- Get reliable information on how to address important topics such as emotional health, finances, transportation, dependent support and more.
- Speak to American Cancer Society cancer information specialists when you have questions day or night, 365 days a year.



**Digital app** for easy access to tailored information and resources — available anytime and anywhere.



**24/7 access** to support from caring, trained ACS staff who connect people to resources and information over the phone.



Trained ACS volunteers who provide non-clinical **virtual support** and **in-person support** in clinics.\*

### Download the ACS CARES™ app today to get started:



- **Scan the QR code** to download the app for iOS or Android devices.
- **Set up your profile** and begin using the app.

\*In-person support limited to certain locations



Hope Lodge®

AMERICAN CANCER SOCIETY HOPE LODGE JEROME L. GREENE FAMILY CENTER — NEW YORK, N.Y.

132 W 32nd St, New York, N.Y. (212) 492-8400



## A home away from home

When treatment is far from home, there's Hope Lodge.

American Cancer Society Hope Lodge communities across the country provide a free home away from home during treatment so people with cancer can focus on getting better. These communities provide comfortable guest suites with private baths, as well as inviting spaces with all the comforts of home, including a communal kitchen, dining area, laundry rooms, and places to gather or find a quiet respite – all at no cost to guests.

Hope Lodge guests don't just find a place to stay – they find a community of support and an emotional connection with others facing the same journey.



At more than **30 locations** across the country, Hope Lodge communities serve more than **30,000 patients and caregivers** each year.



The first Hope Lodge location opened its doors in **1970** in Charleston, South Carolina.



Hope Lodge guests have come from all **50 states** and more than **45 countries**.



Hope Lodge communities enable cancer patients from **225+ referring hospitals** to receive outpatient treatment.



The Hope Lodge program provides more than **500,000 free nights** of lodging for cancer patients and caregivers each year.



In a typical year, the Hope Lodge program helps families save more than **\$60 million** in hotel expenses.

Hope Lodge communities ease the burden of treatment so people facing cancer can focus on what's most important – *getting well*.

[cancer.org](http://cancer.org) | 1.800.227.2345

©2018 American Cancer Society, Inc. No. A000277. Funded in part by the National Cancer Institute.

“

“The American Cancer Society’s New York City’s Hope Lodge is a miracle place!” said Matthew Curran, a two-time non-Hodgkin lymphoma cancer survivor. “You are living with other cancer patients, eating all your meals with them, spending all your time with them and they become your family. Hope Lodge definitely helped in my recovery.”

*Matthew Curran, Hampton Bays, N.Y.*





## East End Physicians by Specialty

### The Cancer Patient's Medical Support Team

#### Diagnosis and Referrals - Role of the Primary Care Physician

Certain cancers are often detected as a result of standard blood tests ordered by a patient's primary care physician (PCP) or during a preventative procedure such as a colonoscopy or mammogram. Alternatively, a patient may experience pain or discomfort and seek advice from their doctor. At this point the PCP will most likely refer their patient to either a specialist for more tests or to an oncologist to discuss next steps. However, there may be times when a patient needs to seek out a specialist on their own.

#### Role of Non-Oncology Specialists

Sometimes a patient has an emergency procedure for their cancer -- for example, to remove a tumor-related blockage in the colon - but they don't have a relationship with a non-oncology specialist, familiar with the organ under focus. For example: a gynecologist would be an important part of the team treating a woman with cancer of the uterus or cervix. A gastroenterologist might well have detected the patient's cancer, if it was in organs including the pancreas, liver, or colon and their insight could be invaluable in deciding on a surgical solution.

#### It Takes a Team

Because the PCP has built a relationship with their patient, has knowledge of their patient's medical history, and is located close to home, they will remain an important member of the cancer patient's support team. The Specialist is helpful to both the patient and the Oncologist. Today's digital records and online portals enable easy exchange of tests and information between all members of your Medical Support Team - PCP, Oncologist and Non-Oncology Specialist. Additional team members may come to include an Oncology Social Worker, Physical Therapist and a Nutritionist.

We cannot possibly list all of the primary care physicians and specialists serving East End patients. Below, we've listed a number of local practices and physicians. Most of those listed are recognized by the **Castle Connolly List of Top Doctors**. ([castleconnolly.com](http://castleconnolly.com))

#### Cardiology

Dr. Thomas A. Falco  
RIVERHEAD  
NYU Langone Hospital - Long Island,  
Peconic Bay Medical Center, Stony  
Brook Eastern Long Island Hospital  
631-727-2100

Dr. Rohit Maini  
RIVERHEAD  
Peconic Bay Medical Center,  
Northwell Health Physician Partners  
631-727-7773

#### Dermatology

Dr. Antoinette Notaro  
MATTITUCK  
Schweiger Dermatology Group  
631-298-1122

Dr. Elliot Theodore Weiss  
SOUTHAMPTON  
NewYork-Presbyterian Hospital/Weill  
Cornell Medical Center, Laser & Skin  
Surgery Center of New York - South-  
ampton  
631-305-2402

#### Family Medicine

Dr. James E. Giugliano  
SOUTHAMPTON  
Stony Brook Southampton Hospital, SH  
Immediate Medical Care  
631-283-5900

Dr. Alex M. Aponte  
WESTHAMPTON BEACH  
Stony Brook Southampton Hospital  
631-288-7746

Dr. George Dempsey  
EAST HAMPTON  
East Hampton Family Medicine  
631-329-8430

Dr. William Kerr  
WAINSCOTT  
Meeting House Ln. Medical Practice  
631-537 1892

### **Gastroenterology**

Dr. Joseph M. Duva  
RIVERHEAD  
Stony Brook Eastern LI Hospital  
631-727-6122

### **Gynecology and Obstetrics**

Dr. Scott F. Berlin  
RIVERHEAD  
Peconic Bay Medical Center  
631-727-4950

Dr. Constantine Bakas  
SOUTHAMPTON  
SBSH 631-283-0918

Dr. Pedro R. Segarra  
SOUTHAMPTON  
SBSH 631-283-0918

Dr. Louise Collins  
EAST HAMPTON  
Meeting House Ln. Medical Practice  
631-329-6500

Dr. Florence Rolston  
RIVERHEAD / SOUTHAMPTON  
Hamptons Gynecology & Obstetrics  
631-727-3422 / 631-283-0918

### **Internal Medicine**

Dr. Lloyd D. Simon  
GREENPORT  
Stony Brook Eastern LI Hospital  
631-477-1000

Dr. John Oppenheimer  
SAG HARBOR  
SBSH / Peconic Bay Medical Ctr  
631-725-4600

Dr. Magdalena Swierczewski  
SOUTHAMPTON  
631-283-0015

### **Plastic Surgery**

Dr. John R. Anton  
SOUTHAMPTON  
SBSH, Peconic Bay Medical Ctr  
Southampton Plastic Surgery  
631-283-9100

### **Additional Physicians Meeting House Lane Medical Practice**

*In 2009 Southampton Hospital organized over 20 East End doctors - all with admitting privileges at the Hospital - into a new healthcare consortium known as "Meeting House Lane." Today, a vast majority of doctors on the East End - representing a broad range of specialization - are a part of this practice, with doctor offices in virtually every village and hamlet on the East End.  
**(631) 283-2100***

### **Neurology / Pain Medicine**

Dr. Henry G. Moreta  
RIVERHEAD  
Peconic Bay Medical Center, South  
Shore Neurologic Associates  
631-727-0660

Dr. Philippe D. Vaillancourt  
RIVERHEAD  
NYU Langone South Shore  
Neurologic Associates  
631-727-0660

## **Planning for Cancer Survivorship**

A cancer patient is naturally concerned about receiving a cancer diagnosis. Planning for survivorship is initially placed on the back burner. So, after battling cancer, planning for the "new normal" can be most disconcerting. We're here to help.

When a Fighting Chance patient is considered cancer free, we offer them an "exit interview" with their counselor so they can devise a survivorship plan. This may include transitioning to new doctors or care providers, lifestyle changes, workplace changes and more. We suggest a few things patients should be mindful of, such as:

- Remember your immune system will be compromised for a few months.
- Some of the side effects of cancer treatments, like "chemo brain", can last for months.
- Getting back to normal with family and coworkers can be stressful and many of our patients choose to return for more counseling.



## Physical Therapy

During the course of primary therapy, a cancer patient has minimal need for a physical therapist. But, cancer treatment is a grueling experience and physical therapy can be very useful within the post treatment setting. Here are a few examples:

- **Lymphedema:** This condition results from the removal of lymph nodes, most often as part of treating a patient with breast cancer. The consequence is a degradation in lymphatic drainage and that can be partly remedied through a form of physical therapy known as “lymphatic massage.”
- **Cancer-Related Fatigue (CRF):** This is one of the most common and enduring side-effects of chemo and radiation and is best combated through a program of aerobic training and strength conditioning, both of which can be guided by physical therapy.
- **Pain:** Both during treatment and post-treatment, a cancer patient can experience pain of considerable intensity and frequency. Treatment strategies, many of which are well known to the physical therapist, include: massage, as well as, muscle stretching and extension.
- **Peripheral Neuropathy:** This is an abnormal nerve function that can be experienced as numbness and tingling at nerve endings. Various exercises focused on the local of the tingling sensation can be beneficial and is an area where physical therapists have expertise.

**East End Physical Therapy** (and Manual Sports Therapy)  
60A Bay Street  
Sag Harbor  
631-725-4450  
eastendpt.com



**East End Physical Therapy** (and Manual Sports Therapy)  
300 Pantigo Place, Suite 112  
East Hampton  
631-329-1828 | eastendpt.com

**Sports Physical Therapy East**  
518 Montauk Hwy | Amagansett  
631-267-9100

**27eastPT** 34 Bay Street - #206  
Sag Harbor  
631-919-5189  
Hamptonspt.com

**Stony Brook Southampton Hospital Physical Therapy**  
240 Meeting House Lane  
Southampton  
631-726-8520  
southampton.stonybrookmedicine.edu/

**Westhampton Sports Rehab  
Stony Brook Southampton Hospital Physical Therapy**  
147 Beach Road  
Westhampton Beach  
631-288-7767  
southampton.stonybrookmedicine.edu/

**Stony Brook Medicine Physical Therapy and Fitness at the Gladys Brook Center**  
46520 County Rd 48  
Southold  
631-765-9389  
elih.stonybrookmedicine.edu/programs\_services/surgical/physical\_therapy

**East Hampton Physical Therapy**  
6 S Elmwood Ave.  
Montauk  
631-668-7600  
easthamptonphysicaltherapy.com

**East End Physical Therapy** (and Manual Sports Therapy)  
167 North Main Street  
Southampton  
631-283-4190  
eastendpt.com

**Peconic Physical Therapy**  
18 E. Montauk Highway  
Hampton Bays  
631-418-8283  
metrophysicaltherapy.com/hampton-bays

**Peconic Physical Therapy**  
244 Old Country Road  
Riverhead,  
631-759-5598  
metrophysicaltherapy.com/riverhead



**Wellness and Holistic Healing**



**The Ed & Phyllis Davis Wellness**

Institute of SBSH 631-726-8800

**Alex Aponte, MD, Medical Director**

240 Meeting House Lane (3rd floor inside hospital) | Southampton  
38B Montauk Hwy (King Kullen Center)  
Hampton Bays

hamptonswellnessinstitute.com

*The only hospital-based integrative medicine center on the East End. Integrative medicine combines science, psychology, nutrition, and exercise physiology to help people live healthier lives.*

**SHIMA Sag Harbor Integrative**

Medicine Associates

34 Bay Street | Sag Harbor

631-725-3398 | shimahealth.com

*Alternative Medicine facility run by Dr. Suzanne Kirby and Dr Glenn Goodman. Unique health care focuses on restoring natural balance to mind, body and spirit.*

**Wave Wellness**

34 Bay St Suite 203 | Sag Harbor, :  
631-899-3216

wavewellnesshamptons.com

*Partners Stephanie Esposito and Lisa Zaloga offer a holistic collection of services with hands-on treatments and wave frequencies.*

**East End Acupuncture**

43 Pantigo Rd. East Hampton

631-329-5292

eastendacupuncturepc.com

*Opened over 20 years ago and is run by mother/daughter team: Carol Sigler and Julie Sigler-Baum*

**SGF Acupuncture**

532 Montauk Hwy | Amagansett

631-267-9500 sgfacupuncture.com/

*Owned and operated by Sandra Geehreg Foster. Her treatments are based on five element acupuncture. She also offers Infrared sauna treatments.*

**Yoga Shanti**

33 Bridge Street | Sag Harbor

631-725-6424 | yogashanti.com

*Yoga classes run by*

*Rodney Yee and Colleen Saidman*



**The Yoga House**

6 Tepee St | Hampton Bays

631-566-8816 | karayoga.com

*Waterfront yoga studio operated by owner/teacher Kara Billingham.*

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It's Often An Uphill Climb.**

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## Emergency Rooms, Urgent Care & Ambulance Services

The only place where a cancer patient can find an Emergency Room on the East End is within one of the three hospitals located here. They are in Southampton, Riverhead and Greenport. All three locations offer “acute care” which is the ability to treat conditions that are the result of trauma or a very serious disease such as cancer.

In contrast, an Urgent Care Center treats less serious medical conditions that may often beset a cancer patient such as: flu, broken bones, allergies, diarrhea and sprains and strains. Urgent care facilities are scattered throughout the East End.

### Emergency Rooms

#### Stony Brook Southampton Hospital Jenny & John Paulson Emergency Department

**Southampton** | 240 Meeting House Ln  
631-726 8420 Open 24/7

*Thanks to a \$5 million gift from the Paulson Family, the SBSH emergency room was completely renovated in 2012 and is now state-of-the-art and staffed by Emergency Medicine Specialists.*



#### PBMC Health Emergency Peconic Bay Medical Center Riverhead

| 1300 Roanoke Ave  
631-548-6000

*PBMC has recently integrated emergency medicine specialists from Northwell to lead the staffing of its emergency room. Also notable as having a State certified stroke treatment center.*

#### Emergency Medicine at ELIH Eastern Long Island Hospital Greenport

| 201 Manor Place

*Another recently renovated urgent care facility that serves the needs of the North Fork.*

### Urgent Care

#### East Hampton Urgent Care

470 Pantigo Road | 631-329-5900  
easthamptonurgentcare.com

*Hours: 9 am to 5 pm, seven days a week. Affiliated with the Meeting House Lane Medical practice of Southampton Hospital and one of the best urgent care centers on the East End.*

#### Southampton Urgent Medical Care

**Dr. Mark Kot** 609 Hampton Rd,  
Southampton | 631-204-9600  
southamptonurgentmedicalcare.com  
*Walk-in facility. Open 7 days a week.  
No appointment is necessary.*

#### Northwell Health “GoHealth” Urgent Care

*Three East End locations offer urgent care services for most non-life threatening illnesses and injuries, as well as X-rays and rapid diagnostic tests with an on-site lab. gohealthuc.com*

#### 1) Bridgehampton

2044 Montauk Hwy  
631-315-6755

#### 2) Hampton Bays

80 East Montauk Hwy  
631-604-4022

#### 3) Riverhead

1842 Old Country Rd  
631-830-4175

#### Stat Health

**Cutchogue** | 32645 Main Road  
631-734-5505

*About the only emergency walk-in clinic on the North Shore. Part of a chain of clinics on Long Island, and staffed with Emergency Medicine Physicians*

### Need an Ambulance . . . Always Call 911

*If a cancer patient is considering calling an ambulance on the East End, they should be mindful that almost every town and village has its own ambulance service.*

*Between Montauk and Sag Harbor, however, there is a single 911 Dispatching Service based in the East Hampton Firehouse. For locations within the Town of Southampton, there is a similar Dispatching Service.*

*Also be aware that if an ambulance is summoned, a police squad car will also be dispatched and, in many cases, the police arrive slightly before the ambulance service.*

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**Transportation Assistance**

Partnering with Local Businesses  
for **Free** Cancer Patient Transportation



**Free** HomeTown Taxi rides to and from East End cancer treatments  
**Free** round-trip Hampton Jitney bus rides from the East End  
of Long Island for NYC-based cancer care.

Thanks to the generosity of the Hampton Jitney, HomeTown Taxi, and donations from Fighting Chance supporters, cancer patients, along with their caregivers, are able to get **free** transportation to cancer treatments, both locally and in NYC. For more information, call the Fighting Chance Office at 631-725-4646.



Dear Fighting Chance,

There were times I just could not get my wife to Riverhead for radiation, but your volunteer drivers came through. Such wonderful folks.

Thanks for all, Stan

To the Staff at Fighting Chance,

When I was connected to a volunteer driver they picked me up exactly on time and took me from Sag Harbor to Stony Brook. We became quite friendly and this volunteer helped me again and again. By now I consider her a true friend.

Fondly, Cheryl

Dear Kind Souls,

Thank you so much for your Jitney tickets that enabled me and my husband to travel for free to a hospital in NYC.

This is a tremendous help to me in getting the cancer treatment I need without worrying about the cost. Your endless support, care and generosity will always be appreciated.

Sincerely, Rosemarie

To My New Friends at Fighting Chance . . .

There were a number of times when I called Fighting Chance, to request bus tickets to our hospital in New York City. They were always helpful. It is not just about bus tickets. When I would visit the FC office to pick up tickets, a counselor would take the opportunity to warmly invite me to talk, from the heart.

Dave



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## A Caregiver's Dilemma - The Homebound Cancer Patient

Sometimes a patient with cancer finds that their illness does not get better . . . it gets worse, and they become homebound. Now the caregiver -- such as the patient's spouse -- is going to need help attending to basic patient needs such as bathing and food preparation. Initially a home health aide may be hired to come in every afternoon for a few hours. But before long, in many cases, home health aides are necessary around the clock. And the costs can skyrocket. Finding and paying for help is a complicated process. The information below may be helpful.

### Medicare - No Coverage for Round-the-Clock Care

Full-time care is not covered by Medicare. Short-term, intermittent care (bathing, physical therapy, etc.) may be available under certain conditions.

### Medicaid - CDPAP - Consumer Directed Personal Assistance Program

This program makes in-home coverage more accessible by allowing family members to be paid as caregivers. Recently introduced in NYS and using some of the state funds that support Medicaid coverage, CDPAP will pay a family member handling in-home care up to \$920 per week. On Long Island, one of the most experienced coordinators for placing a family member into an at-home paid caregiver position is **Eagle Eye at 718-808-9957**. Additionally Medicaid offers short-term, intermittent care under certain conditions similar to Medicare.

### Private Sector Insurance - Coverage Varies

Most private health insurance policies do not cover home healthcare services, however coverage varies from plan to plan. Sometimes insurance companies will pay for skilled professional home healthcare under a cost-sharing plan, or pay for some services for immediate or acute health needs.

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*If you or a person you are caring for needs home health care services, you should discuss details with the home health agency that you choose. You should ask them to inform you exactly what Medicare, Medicaid and/or private insurance covers before you begin the service. Know which items or services you receive are included in your coverage and what out-of-pocket expenses you can expect.*

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## Certified Home Health Care Agencies

The agencies listed here provide skilled nurses, PT / OT therapists, aides, social workers and speech pathologists to East End patients. Please call to confirm which services the individual agency provides. Certified agencies are approved by Medicare and Medicaid. Your health provider may be able to recommend additional services.

**Baylin Home Care**  
631-283-3033  
baylinhomecare.com

**Catholic Health Home Care** 631-828-7400  
catholichealthli.org/catholic-health-home-care

**CenterWell Home Health** 631-727-5353  
centerwellhh.com

**Gurwin Certified Home Health Agency**  
631-715-8600 gurwin.org/home-care

**Peconic Bay Home Health Services**  
631-548-6432 pbmhealth.org/care-centers-services/services/home-health-services

**Tender Loving Care Home Health Care**  
631-447-2020 amedisys.com



**Hospice Options**



**East End Hospice - The Kanas Center**

**Quioque I** #1 Meeting House Road  
631-288-2100 | [www.eeh.org](http://www.eeh.org)

Opened in early 2016, and known as the Kanas Center, this facility has 8 private rooms fully equipped to manage the complex needs of the critically ill -- an option akin to what is sometimes called "in hospital hospice." There's 24 hour visitation and the facility is widely viewed as one of the "crown jewels" of the East End healthcare system.

**East End Hospice - In Home Services**

**Westhampton I** 481 Westhampton Riverhead Rd.  
631-288-8400 | [www.eeh.org](http://www.eeh.org)

This is an extremely well run facility with top notch patient care. The majority of patients are cared for within their home. Patients are only eligible if they have less than 6 months to live, and agree that no more curative medicine will be administered. The Hospice service is free and, indeed, essentially subsidized by the government.

**Patient Voices**



*John from Montauk*

"If you have cancer you don't want to get out of bed because you know something bad is going to happen. But Fighting Chance is out of bed, making calls and describing options to you."

"After diagnosis . . . I was just out there . . . hardly any idea where to turn. You could say I was "at sea" and Fighting Chance came along and was my life preserver."



*Anne from Sagaponack*

Fighting Chance has been a terrific part of my journey. Their Oncology Social Worker was like the rudder of a ship. She really helped me navigate the river."



*Bob from Northwest Woods*

"Fighting Chance gave us so many things. They went to the hospital, told me about massage, hypnosis, worked with me on stress relief. . . the list goes on."



*Lorna from East Hampton*



Thank you for 20+ years of service and dedication  
to helping those with cancer.



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Fighting Chance  
PO Box 1358  
Sag Harbor, NY 11963